USA Rice Federation

Award-winning

rice recipes

Best

Adjective

1.

Surpassing all others in quality.

2.

Most desirable in quality.

We asked for your best rice recipes. They had to be quick. And they had to be prepared with six ingredients or less. More than 1,400 contest entries poured in. The recipes were delicious…easy to prepare…creative…and appetizing. Here are our choices for the best of the best…those surpassing all others in quality. Congratulations to the winners and thanks to everyone who participated in our recipe contest. Enjoy!



Grand Prize

Creamy Pancetta Rice

"When I discover interesting new products at the supermarket it inspires me to be creative in the kitchen."

David Brown - *Grass Valley, California*

- ½ pound trimmed pancetta, diced*
- 1 large red onion, chopped
- 1¾ cups half-and-half
- 3 cups cooked rice
- 1½ cups sweetened, dried cranberries
- 1 cup chopped pistachios
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Brown pancetta and onion in large skillet over medium heat, cook until onion begins to brown, about 8 minutes. Add half-and-half; bring to a boil. Remove from heat. Add rice, cranberries, pistachios, salt and pepper. Stir until well blended.

** Lean bacon may be substituted for pancetta.*

Makes 8 servings. Each serving provides 355 calories, 13 grams protein, 15 grams fat, 44 grams carbohydrate, 3 grams dietary fiber, 34 milligrams cholesterol and 823 milligrams sodium.



Wild Thyme Summer Salad

"Being a graphic artist, I tend to look at food as an art form. Everyone eats rice...it is the perfect canvas for cooks!" **Sharyn Hill** - *Organ, New Mexico*

- 3 cups cooked rice
- 2 boneless, skinless chicken breasts, cooked and cut into 1-inch cubes
- 1 (8 $\frac{1}{2}$-ounce) jar sun-dried tomatoes, drained and chopped
- $\frac{1}{2}$ cup chopped Kalamata olives
- $\frac{1}{2}$ cup prepared vinaigrette
- $\frac{1}{4}$ cup chopped thyme leaves

In a large bowl, combine rice, chicken, tomatoes, olives, vinaigrette and thyme. Toss well.

Makes 4 servings. Each serving provides 461 calories, 26 grams protein, 22 grams fat, 39 grams carbohydrate, 2 grams dietary fiber, 59 milligrams cholesterol and 688 milligrams sodium.



Rice Tabbouleh

"I love salads. Rice is a welcome change to Tabbouleh, a Middle Eastern dish traditionally made with bulgur." **Julie DeMatteo** - *Clementon, New Jersey*

- 3 cups cooked rice
- 1 cup chopped, Italian flat-leaf parsley
- $\frac{3}{4}$ cup chopped cucumber
- $\frac{3}{4}$ cup chopped tomato
- $\frac{1}{4}$ cup minced mint leaves
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup lemon juice
- 1 teaspoon salt
- 1 teaspoon ground black pepper

In a large bowl, combine rice, parsley, cucumber, tomato, mint, olive oil, lemon juice, salt and pepper. Toss well.

Makes 6 servings. Each serving provides 197 calories, 3 grams protein, 9 grams fat, 26 grams carbohydrate, 1 gram dietary fiber, 0 milligrams cholesterol and 698 milligrams sodium.



Cheesy Poblano Rice Soup

"I generally get new ideas for recipes from magazines, cookbooks, and the internet. Or I just dream them up! Poblano peppers, which I love, were the inspiration for my recipe."
Patricia Harmon - *Baden, Pennsylvania*

- $\frac{1}{4}$ cup minced shallots
- 3 poblano peppers, seeded and chopped into 1-inch pieces
- 2 tablespoons vegetable oil
- 3 ($14\frac{1}{2}$-ounce) cans chicken broth
- 1 ($14\frac{1}{2}$-ounce) can diced tomatoes, drained
- 3 cups cooked rice
- 2 cups shredded Cheddar cheese

Sauté shallots and peppers in oil in Dutch oven or large saucepan over medium-high heat until tender, 3 to 5 minutes. Stir in broth and tomatoes; bring to a boil. Add rice and cheese; cook and stir until cheese is melted.

Makes 6 servings. Each serving provides 403 calories, 23 grams protein, 20 grams fat, 32 grams carbohydrate, 1 gram dietary fiber, 42 milligrams cholesterol and 2184 milligrams sodium.



Chocolate Macaroon Rice Pudding

"My mom, who taught me to cook, made everything from scratch. I created this recipe because macaroons are my favorite dessert…and I love chocolate!" **Christine Riccitelli** - *Danville, California*

- 3 cups cooked medium grain rice
- 1 (14-ounce) can unsweetened coconut milk
- 1 cup sweetened condensed milk
- 1 cup milk
- 8 ounces semi-sweet chocolate, chopped*
- 2 cups flaked coconut
- Toasted coconut, for garnish
- Shaved chocolate, for garnish

Combine rice, coconut milk, condensed milk and milk in a 2-quart saucepan. Cook over medium heat until thick and creamy, 20 to 25 minutes, stirring frequently. Remove from heat. Add chocolate and coconut, stirring until chocolate is melted. Garnish with toasted coconut and shaved chocolate, if desired.

**1 ½ cups semi-sweet chocolate chips may be substituted for semi-sweet chocolate.*

Makes 8 servings. Each serving provides 609 calories, 10 grams protein, 35 grams fat, 73 grams carbohydrate, 4 grams dietary fiber, 19 milligrams cholesterol and 161 milligrams sodium.



Senegalese Peanut Soup with Spicy Rice Timbales

"Food is fun! My mom and aunts taught me to cook. I take their recipes, then 'gussy' them up. This soup is easy to prepare, pretty and flavorful." **Mary Louise Lever** - *Rome, Georgia*

- $1\frac{1}{4}$ cups chipotle salsa
- $\frac{2}{3}$ cup creamy peanut butter
- 3 ($14\frac{1}{2}$-ounce) cans low-sodium chicken broth
- 1 cup unsweetened coconut milk
- 3 cups cooked rice
- 3 tablespoons chopped cilantro sprigs
- Vegetable cooking spray
- Fresh cilantro, for garnish

Place salsa in strainer pressing down lightly to remove excess liquid; reserve salsa in medium bowl. Combine peanut butter, broth and coconut milk in 2-quart saucepan. Cook over medium heat until heated through, 8 to 10 minutes, whisking frequently. Meanwhile, in medium bowl, combine reserved salsa, rice and cilantro. Divide rice mixture evenly into 4 custard cups coated with cooking spray, pressing down firmly to set. To serve, invert each custard cup in the center of a soup bowl, remove cup and spoon hot soup around remaining rice mold. Garnish with cilantro sprigs.

Makes 4 servings. Each serving provides 611 calories, 20 grams protein, 35 grams fat, 60 grams carbohydrate, 6 grams dietary fiber, 0 milligrams cholesterol and 1768 milligrams sodium.

How to Prepare Rice

For best results always follow package directions. When directions are not available, use this easy method: Combine 1 cup rice, liquid (see chart), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer. Cook according to time specified on chart. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork.

1 Cup Uncooked Rice	Liquid	Cooking Time	Yield
Regular-milled long grain	$1\frac{3}{4}$ cups	15 minutes	3 to 4 cups
Regular-milled medium grain	$1\frac{1}{2}$ cups	15 minutes	3 cups
Regular-milled short grain	$1\frac{1}{4}$ cups	15 minutes	3 cups
Whole grain	$2\frac{1}{4}$ cups	45 to 50 minutes	3 to 4 cups
Parboiled	2 cups	20 to 25 minutes	3 to 4 cups
Precooked, flavored or seasoned mixes	Follow package directions	varies	varies

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Comfort from the Kitchen

Favorite Rice Recipes to Soothe the Soul

Comfort Foods

It's what you eat when you've been working 48 hours straight, when you learn the transmission is going out on your car, when you discover your adorable six-month-old beagle has chewed up your favorite pair of shoes, or even worse, when you're faced with life's most unexpected and unwelcome challenges. We've all been there.

When all is not right with the world, we often seek solace in foods that make us feel good. Whether it's the sensation of spooning up a creamy rice pudding, or a warm rich risotto, when you're stressed right down to your tastebuds, rice is nice. For those who find a measure of comfort in loading up on carbohydrates (which, it's said, improves our mood and sense of well-being), here's a collection of favorite rice recipes sure to soothe the soul. *Enjoy.*



Chicken Pot Pie

- 2 tablespoons butter
- 1 large onion, chopped
- 2 cloves garlic, minced
- $\frac{3}{4}$ teaspoon dried thyme leaves
- $\frac{1}{2}$ teaspoon sage
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{3}$ cup flour
- 2 ($14\frac{1}{2}$-ounce) cans chicken broth
- 1 (16-ounce) package mixed frozen vegetables
- 3 cups cooked rice
- 2 cups cooked chopped chicken
- $\frac{1}{2}$ cup chopped fresh parsley
- $1\frac{1}{2}$ cups baking mix*
- $\frac{3}{4}$ cup buttermilk*
- $\frac{1}{2}$ cup finely chopped green onions

Filling: Heat butter in 3- to 4-quart stockpot over medium-high heat until hot. Add onion, garlic, thyme, sage and pepper. Cook and stir 3 to 5 minutes, or until onion is tender. Add flour, cook and stir 1 to 2 minutes. Whisk in broth; cook, whisking 4 to 6 minutes, or until sauce boils and thickens. Stir in vegetables; cook 5 to 7 minutes, or until vegetables are tender. Stir in rice, chicken and parsley; cook, stirring 2 to 3 minutes more. Place in $2\frac{1}{2}$-quart casserole. (May be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before baking.)

Biscuits: Combine baking mix, buttermilk and green onions in medium bowl. Gently stir, just until dough comes together. Form dough into 9-inch long log on lightly floured surface; cut crosswise into $6\frac{1}{2}$-inch rounds. (Or roll out dough on lightly floured surface to $\frac{1}{2}$-inch thickness and cut with cookie cutters.) Top casserole with biscuits, spacing evenly. Bake at 425 degrees for 20 minutes, or until filling is bubbly and biscuits are golden brown. Serve immediately.

**Store-bought biscuits may be used in place of homemade; top with green onions.*

Makes 6 servings. Each serving provides 487 calories, 23 grams protein, 14 grams fat, 69 grams carbohydrate, 1 gram dietary fiber, 49 milligrams cholesterol and 1413 milligrams sodium.

Cheesy Broccoli Rice Casserole

- $\frac{3}{4}$ cup chopped onion
- $\frac{3}{4}$ cup chopped celery
- Vegetable cooking spray
- 3 cups cooked rice
- 1 (10-ounce) package frozen chopped broccoli, thawed
- 1 ($10\frac{3}{4}$-ounce) can cream of mushroom soup
- $\frac{3}{4}$ cup (6 ounces) grated Cheddar cheese, divided
- $\frac{1}{2}$ cup sour cream
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper

Cook onion and celery in large skillet coated with vegetable cooking spray until tender crisp. Add rice, broccoli, soup, $\frac{1}{2}$ cup cheese, sour cream, salt and pepper. Spoon into $1\frac{1}{2}$- to 2-quart baking dish coated with cooking spray. Bake at 400 degrees for 35 minutes. Top with remaining $\frac{1}{4}$ cup cheese. Bake 3 minutes longer, or until cheese melts.

Makes 6 servings. Each serving provides 263 calories, 9 grams protein, 7 grams fat, 39 grams carbohydrate, 2 grams dietary fiber, 24 milligrams cholesterol and 1114 milligrams sodium.

Brown Butter Rice

- 1 cup uncooked medium grain rice
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ cups water
- $\frac{1}{2}$ cup half and half
- $\frac{1}{4}$ cup granulated sugar
- 1 tablespoon butter
- $\frac{1}{4}$ cup packed brown sugar

Combine rice, salt and water in 2-to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer 5 minutes. Add half and half and granulated sugar; stir once or twice, cover and continue to simmer 10 minutes, or until rice is tender. Meanwhile, place butter in small skillet over low heat. Cook until butter is light brown and smells like roasted nuts, about 3 to 5 minutes. Remove from heat. Sprinkle brown sugar over cooked rice and top with browned butter.

Makes 6 servings. Each serving provides 226 calories, 3 grams protein, 5 grams fat, 44 grams carbohydrate, 1 gram dietary fiber, 13 milligrams cholesterol and 131 milligrams sodium.

Classic Creamy Risotto

- 3 cups water
- 2 cups chicken broth
- $\frac{1}{4}$ cup butter, divided
- $\frac{1}{2}$ cup chopped onion
- 1 cup uncooked U.S. arborio or medium grain rice
- $\frac{1}{3}$ cup dry white wine
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{4}$ cup grated Parmesan cheese
- Salt and ground white pepper to taste

Heat water and broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, melt 2 tablespoons butter in large saucepan over medium heat; add onion and cook until soft. Add rice and stir 2 to 3 minutes. Add wine; stir until absorbed. Increase heat to medium-high; stir in 1 cup water-broth mixture. Cook uncovered, stirring frequently, until liquid is absorbed. Continue stirring and adding remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Stir in cream, cheese, salt, pepper and remaining butter. Stir until mixture is creamy, about 2 minutes. Serve immediately.

Makes 6 servings. Each serving provides 289 calories, 8 grams protein, 17 grams fat, 24 grams carbohydrate, 0 grams dietary fiber, 51 milligrams cholesterol and 773 milligrams sodium.

Hearty Chicken and Rice Soup

- 1 cup chopped onion
- 1 cup sliced celery
- 1 cup sliced carrots
- $\frac{3}{4}$ cup uncooked long grain rice
- $\frac{1}{4}$ cup chopped fresh parsley
- $\frac{1}{2}$ teaspoon cracked black pepper
- $\frac{1}{2}$ teaspoon dried thyme leaves
- 1 bay leaf
- 10 cups chicken broth
- $1\frac{1}{2}$ cups $\frac{3}{4}$-inch chicken cubes (about $\frac{3}{4}$ pound)
- 2 tablespoons fresh lime juice

Combine onion, celery, carrots, rice, parsley, pepper, thyme, bay leaf and chicken broth in 3- to 4-quart stockpot. Bring to a boil; stir once or twice. Reduce heat; simmer, uncovered, for 20 minutes. Add chicken cubes; simmer, uncovered, 5 to 10 minutes, or until chicken is cooked. Remove bay leaf. Stir in lime juice just before serving.

Makes 8 servings. Each serving provides 164 calories, 13 grams protein, 4 grams fat, 19 grams carbohydrate, 1 gram dietary fiber, 24 milligrams cholesterol and 1286 milligrams sodium.

Tex-Mex Rice Bake

- 3 cups cooked rice
- 2 cups shredded Mexican-style cheese, divided
- 1 (4-ounce) can chopped green chilies
- 1 cup sour cream
- $\frac{1}{3}$ cup sliced green onions
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground white pepper
- Vegetable cooking spray

In a large bowl, combine rice, 1 cup cheese, chilies, sour cream, onions, salt and pepper; stir until blended. Coat 8x8-inch baking dish with cooking spray. Pour rice mixture into baking dish; top with remaining cheese. Cover with foil and bake at 350 degrees for 15 minutes; remove foil and bake an additional 15 minutes.

Makes 8 servings. Each serving provides 243 calories, 8 grams protein, 14 grams fat, 19 grams carbohydrate, 1 gram dietary fiber, 36 milligrams cholesterol and 625 milligrams sodium.

Chicken and Rice Casserole

- 2 (10$\frac{3}{4}$-ounce) cans condensed cream of mushroom with roasted garlic soup
- 1 cup milk
- 1 (1.35-ounce) envelope dry onion soup mix
- $\frac{1}{2}$ cup chopped celery
- 1 cup uncooked rice
- 4 boneless, skinless chicken breasts
- 1 (2.8-ounce) can French fried onions

In a large bowl, combine soup, milk, soup mix, celery and rice; stir until blended. Pour rice mixture into 13x9x2-inch baking dish. Place chicken breasts over rice mixture; top with onions. Cover with foil and bake at 350 degrees for 50 minutes; remove foil and bake an additional 15 minutes. Remove from oven and let rest 10 minutes before serving.

Makes 6 servings. Each serving provides 353 calories, 31 grams protein, 11 grams fat, 29 grams carbohydrate, 1 gram dietary fiber, 69 milligrams cholesterol and 1050 milligrams sodium.

- 3 cups cooked medium grain rice
- 3 cups milk
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup butter
- 2 cinnamon sticks
- 1 teaspoon vanilla extract
- Ground cinnamon (optional)
- Whipped cream (optional)

Cinnamon Rice Pudding

Combine rice, milk, sugar, butter and cinnamon sticks in 2-quart saucepan. Cook over medium heat until thick and creamy (20 to 25 minutes), stirring frequently. Remove from heat; remove cinnamon sticks and stir in vanilla. Sprinkle with ground cinnamon and top with whipped cream, if desired.

Makes 6 servings. Each serving provides 331 calories, 6 grams protein, 12 grams fat, 48 grams carbohydrate, 0 grams dietary fiber, 38 milligrams cholesterol and 143 milligrams sodium.

How to prepare rice

For best results always follow package directions. When directions are not available, use this easy method: Combine 1 cup rice, liquid (see chart), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer. Cook according to time specified on chart. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork.

1 Cup Uncooked Rice	Liquid	Cooking Time	Yield
Regular-milled long grain	$1\frac{3}{4}$ cups	15 minutes	3 to 4 cups
Regular-milled medium grain	$1\frac{1}{2}$ cups	15 minutes	3 cups
Regular-milled short grain	$1\frac{1}{4}$ cups	15 minutes	3 cups
Whole grain	$2\frac{1}{4}$ cups	45 to 50 minutes	3 to 4 cups
Parboiled	2 cups	20 to 25 minutes	3 to 4 cups
Precooked, flavored or seasoned mixes	Follow package directions	varies	varies

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EASY DOES IT

Award-winning rice recipes from the kitchens of culinary professionals.

USA Rice Federation

5 *ingredient challenge*

We asked culinary professionals from around the country for their best rice recipes. They had to be quick. They had to be easy. And, perhaps most challenging of all, they had to be prepared with five ingredients or less. Of course, since we all cook with a little salt, pepper, butter and cooking oil, those ingredients were exceptions to the rule. From Creamy Blue Cheese Rice with Spinach and Walnuts, to Lime Saffron Rice or Tangy Tomato Lemon Risotto, here are nine amazingly simple, super-delicious recipes that are sure to wow your guests!



Greek Rice-Stuffed Tomatoes

Submitted by:
Christine Quigley, Oconomowoc, WI

- 8 large tomatoes
- 3 cups cooked rice
- ½ cup chopped red onion
- ¾ cup crumbled feta cheese
- ½ cup chopped fresh parsley
- 1 tablespoon salt
- ⅓ cup vegetable oil

Remove tops of tomatoes and scoop out insides; drain on paper towels. In a large bowl, combine rice, onion, cheese, parsley and salt. Place equal amounts of rice mixture into tomatoes; drizzle with oil and place in baking pan. Bake at 425 degrees for 20 minutes.

Makes 8 servings. Each serving provides 237 calories, 5 grams protein, 13 grams fat, 27 grams carbohydrate, 2 grams dietary fiber, 12 milligrams cholesterol and 1040 milligrams sodium.

Savory Spinach and Rice Casserole

Submitted by:
Marcia K. Stanley; Shelby Township, MI

- 3 cups cooked rice
- 2 cups shredded Gruyere cheese
- 2 cups chopped cooked ham
- 2 (12-ounce) packages frozen spinach soufflé, thawed
- Vegetable cooking spray
- 2 Roma tomatoes, thinly sliced

In a large bowl, combine rice, cheese, ham and spinach soufflé. Coat 13x9x2-inch baking dish with cooking spray. Pour rice mixture into baking dish; top with tomato slices. Cover with foil and bake at 400 degrees for 15 minutes; remove foil and bake an additional 15 minutes.

Makes 8 servings. Each serving provides 355 calories, 21 grams protein, 19 grams fat, 34 grams carbohydrate, 1 gram dietary fiber, 137 milligrams cholesterol and 956 milligrams sodium.

Creamy Blue Cheese Rice with Spinach and Walnuts

Submitted by:
Elizabeth Matlin; Wilmette, IL

- 1 (8-ounce) package cream cheese, softened
- ¼ cup water
- 1 (10-ounce) package frozen chopped spinach, thawed, undrained
- 1 (4-ounce) package crumbled blue cheese
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 3 cups cooked rice
- ½ cup chopped walnuts, toast-

Heat cream cheese and water in large skillet over medium heat; cook and stir until cheese is melted, 3 to 5 minutes. Add spinach, blue cheese, salt and pepper; cook 2 minutes. Add rice; cook until heated through, 3 to 5 minutes. Remove from heat. Stir in walnuts.

**To toast walnuts, spread nuts on small baking sheet. Bake at 350 degrees for 12 to 15 minutes, or until golden brown, stirring occasionally.*

Makes 8 servings. Each serving provides 282 calories, 10 grams protein, 19 grams fat, 20 grams carbohydrate, 2 grams dietary fiber, 42 milligrams cholesterol and 680 milligrams sodium.

Pan Pacific Rice

Submitted by:
Amy Muzyka-McGuire; Federal Way, WA

- 3 cups hot cooked long grain rice
- 1 cup sliced green onions
- ¾ cup salted cashews
- ¼ cup seasoned rice vinegar
- 1 tablespoon sesame seeds, toasted*

In a medium bowl, combine rice, onions, cashews, vinegar and sesame seeds. Toss well.

**To toast sesame seeds, spread sesame seeds on small baking sheet. Bake at 350 degrees for 5 to 8 minutes, or until golden brown, stirring occasionally.*

Makes 6 servings. Each serving provides 220 calories, 5 grams protein, 9 grams fat, 30 grams carbohydrate, 1 gram dietary fiber, 0 milligrams cholesterol and 308 milligrams sodium.



Submitted by:
Lynn Nelson; Huron, OH

Tangy Tomato and Lemon Risotto

- 4 cups chicken broth
- 1 tablespoon olive oil
- 2 finely chopped shallots
- 1 cup uncooked U.S. arborio or medium grain rice
- 1 cup cherry tomatoes
- ¼ cup lemon juice
- 1 tablespoon lemon peel

Heat broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, heat oil in large saucepan over medium heat. Add shallots; cook until soft. Add rice and stir 2 to 3 minutes. Increase heat to medium-high; stir in 1 cup broth. Cook uncovered, stirring frequently, until broth is absorbed. Continue stirring and adding remaining broth, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Stir in tomatoes, lemon juice and lemon peel. Serve immediately.

Makes 6 servings. Each serving provides 172 calories, 4 grams protein, 4 grams fat, 30 grams carbohydrate, 1 gram dietary fiber, 0 milligrams cholesterol and 670 milligrams sodium.

Spinach and Gorgonzola Stuffed Bell Peppers

Submitted by:
Karen A. Levin; Highland Park, IL

- 4 large red bell peppers
- 1 tablespoon butter
- 4 cloves garlic, minced
- 1 cup uncooked rice
- 2 cups water
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- 3 cups coarsely chopped fresh spinach leaves
- ¾ cup crumbled Gorgonzola cheese, divided

Remove tops of bell peppers and reserve. Coarsely chop tops of peppers, discarding stems; set aside. Remove seeds from peppers. Place peppers in microproof baking dish, cover loosely and cook in microwave on high power 2 to 3 minutes or until tender crisp. Drain well; set aside. Meanwhile, melt butter in large saucepan over medium heat. Add chopped bell pepper and garlic; cook 2 to 3 minutes or until tender crisp. Add rice; cook and stir 1 minute. Add water, salt and black pepper. Heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes or until liquid is absorbed. Remove from heat. Add spinach; stir until spinach is wilted, 3 to 5 minutes. Stir in ½ cup cheese. Place equal amounts of rice mixture into peppers; top with remaining cheese. Bake at 375 degrees for 15 minutes.

Makes 4 servings. Each serving provides 364 calories, 14 grams protein, 14 grams fat, 47 grams carbohydrate, 5 grams dietary fiber, 38 milligrams cholesterol and 603 milligrams sodium.

Lime Saffron Rice

Submitted by:
Bibby Gignilliat; San Francisco, CA

- 1 cup uncooked long grain rice
- 1¾ cup chicken broth
- ½ teaspoon salt
- ⅛ teaspoon ground saffron
- 1 tablespoon butter, melted
- 3 tablespoons fresh lime juice
- 1 tablespoons chopped cilantro
- Salt and pepper to taste

Combine rice, broth, salt and saffron in 2-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes or until liquid is absorbed. Stir in butter, lime juice and cilantro. Season to taste with salt and pepper.

Makes 8 servings. Each serving provides 143 calories, 3 grams protein, 3 grams fat, 26 grams carbohydrate, 1 gram dietary fiber, 5 milligrams cholesterol and 508 milligrams sodium.

Wild Mushroom and Peas Parmesan Rice

Submitted by:
Hilda Pope; Nashville, TN

- ½ ounce dried wild mushrooms
- 1 cup hot water
- 2 tablespoons butter
- 3 cups cooked long grain rice
- ¼ cup frozen petite peas, thawed
- ½ cup grated Parmesan cheese

Place mushrooms in 2-quart saucepan. Pour water over mushrooms; let stand 20 minutes or until soft. Drain mushrooms and coarsely chop. Melt butter in large skillet over medium heat. Add rice, mushrooms and peas. Stir until heated through. Add cheese; toss well.

Makes 4 servings. Each serving provides 281 calories, 9 grams protein, 10 grams fat, 38 grams carbohydrate, 1 gram dietary fiber, 26 milligrams cholesterol and 315 milligrams sodium.

Cranberry Rice Pudding

Submitted by:
Jill Nussinow; Santa Rosa, CA

- 1 cup uncooked medium grain rice
- $1\frac{1}{2}$ cups water
- 1 tablespoon plus 1 teaspoon orange peel, divided
- $\frac{1}{4}$ teaspoon salt
- 3 cups milk
- $\frac{1}{3}$ cup sugar
- $\frac{1}{2}$ cup dried cranberries

Combine rice, water, 1 tablespoon orange peel and salt in 2-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes or until liquid is absorbed. Remove cover. Increase heat to medium-high; add milk, sugar and cranberries and bring to a boil, stirring constantly. Reduce heat to medium-low; cook until thick and creamy, 25 to 30 minutes, stirring frequently. Garnish with remaining orange peel.

Makes 6 servings. Each serving provides 252 calories, 6 grams protein, 3 grams fat, 51 grams carbohydrate, 1 gram dietary fiber, 9 milligrams cholesterol and 161 milligrams sodium.

How to prepare rice

For best results always follow package directions. When directions are not available, use this easy method: Combine 1 cup rice, liquid (see chart), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer. Cook according to time specified on chart. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork.

1 Cup Uncooked Rice	Liquid	Cooking Time	Yield
Regular-milled long grain	$1\frac{3}{4}$ cups	15 minutes	3 to 4 cups
Regular-milled medium grain	$1\frac{1}{2}$ cups	15 minutes	3 cups
Regular-milled short grain	$1\frac{1}{4}$ cups	15 minutes	3 cups
Whole grain	$2\frac{1}{4}$ cups	45 to 50 minutes	3 to 4 cups
Parboiled	2 cups	20 to 25 minutes	3 to 4 cups
Precooked, flavored or seasoned mixes	Follow package directions	varies	varies

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Fast & Casual

Award-Winning Rice Recipes

for Entertaining Family & Friends

Spend more time with family and friends and less in the kitchen with these creative, winning recipes from our "Rice to the Rescue!" contest. Amazingly, they're 6 ingredients or less and under 30 minutes to prepare. "Fast and casual entertaining" is this year's theme because these quick-to-fix dishes are 'dressed up' with flavorful, readily-available ingredients used in interesting and unexpected ways. Spicy salsa, mango chutney, coconut milk, ginger and smoked gouda give new personality to rice, a versatile food that becomes a star with these exciting flavors. The recipes are so delicious and easy to prepare, your guests will think you spent hours instead of minutes in the kitchen, making any meal a special occasion that's sure to impress!



Grand Prize

Shrimp and Creamy Spinach-Feta Rice

Gloria Bradley - *Naperville, IL*

- 2 tablespoons vegetable oil
- ½ cup golden raisins
- ½ cup julienne strips red bell pepper
- 1 (6-ounce) package fresh baby spinach leaves
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 pound cooked, peeled, deveined medium shrimp, thawed if frozen
- 3 cups hot cooked medium or long grain white rice
- 1 cup crumbled feta cheese with basil & tomato (or plain)
- Toasted pine nuts or sliced almonds (optional)

Heat oil in large nonstick skillet over medium heat. Add raisins and bell pepper; sauté 1 minute. Add spinach, salt and pepper; toss until spinach is just wilted. Add shrimp; sauté 30 seconds. Add hot rice and feta cheese. Toss all ingredients until heated through and cheese is soft and creamy. Top with toasted nuts, if desired.

Makes 6 servings. Each serving provides 297 calories, 15 grams protein, 11 grams fat, 36 grams carbohydrate, 4 grams dietary fiber, 74 milligrams cholesterol and 540 milligrams sodium.



Southwest Salsa Rice Bites

Janet Gilbert - *Danielsville, GA*

- 3 cups cooked brown rice, cooled
- 1 cup shredded pepper jack cheese
- 4 eggs
- 1 (16-ounce) jar medium (or hot) thick and chunky-style salsa
- ½ cup sour cream
- ½ teaspoon salt
- ½ teaspoon pepper
- ¾ cup crushed corn or tortilla chips
- Additional salsa and sour cream for garnish (optional)

Preheat oven to 350 degrees. Combine rice and cheese in large bowl; set aside. In medium bowl, beat eggs until well blended. Stir in salsa, sour cream, salt and pepper. Add salsa mixture to rice and cheese; mix well. Spray miniature muffin pans with vegetable cooking spray. Spoon approximately 1 1/2 tablespoons rice mixture into each cup, filling to just below rim. Sprinkle crushed chips over filling, pressing slightly with back of spoon. Bake 15 to 20 minutes, or until lightly browned. Serve warm with additional salsa and sour cream, if desired.

Makes 48 appetizers (8 servings). Each serving provides 287 calories, 10 grams protein, 14 grams fat, 31 grams carbohydrate, 2 grams dietary fiber, 123 milligrams cholesterol and 784 milligrams sodium.

Curry Chicken Lime Rice Bowl

Lisa Renshaw - *Kansas City, MO*

- 1 (9-ounce) jar mango chutney
- ¼ cup fresh lime juice
- ¼ cup vegetable oil
- ½ teaspoon salt
- 1 tablespoon hot curry powder
- 2 (6- to10-ounce) packages refrigerated grilled chicken strips or 3 cups sliced, grilled chicken breasts
- 1 cup diced red bell pepper
- 3 cups cooked U.S. basmati or long grain white rice

In large bowl, whisk chutney, lime juice, oil, salt and curry powder. Stir in chicken, bell pepper and cooked rice. Serve immediately or cover and chill.

Makes 6 servings. Each serving provides 349 calories, 21 grams protein, 12 grams fat, 41 grams carbohydrate, 2 grams dietary fiber, 48 milligrams cholesterol and 447 milligrams sodium.





Praline Pumpkin Rice Pudding

Patricia Harmon - *Baden, PA*

- 1 (12-ounce) can evaporated milk, divided
- 3 cups cooked short or medium grain white rice
- 1 cup canned pumpkin
- $\frac{3}{4}$ cup dark brown sugar, divided
- 1 teaspoon pumpkin pie spice
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon butter
- $\frac{2}{3}$ cup coarsely chopped pecans

Reserve 2 tablespoons evaporated milk; set aside for Praline Topping. In heavy saucepan over medium heat, combine remaining evaporated milk, cooked rice, pumpkin, 1/2 cup brown sugar, pumpkin pie spice and salt. Stirring occasionally, cook 8 to 10 minutes, or until pudding begins to thicken. Pour into 2-quart serving dish or individual dessert dishes. **Praline Topping:** Melt butter in heavy skillet over low heat. Add remaining 1/4 cup brown sugar and 2 tablespoons evaporated milk; cook 1 to 2 minutes, or until mixture is smooth. Stir in nuts to coat. Spoon pecan mixture over pudding. Serve at room temperature.

Makes 8 servings. Each serving provides 290 calories, 6 grams protein, 12 grams fat, 36 grams carbohydrate, 2 grams dietary fiber, 18 milligrams cholesterol and 140 milligrams sodium.

Indian-Spiced Shrimp on Coconut-Pineapple Rice

Jamie Miller - *Maple Grove, MN*

- $\frac{1}{2}$ cup water
- 1 (14-ounce) can light coconut milk
- 1 (8-ounce) can pineapple tidbits or crushed pineapple, drained, juice reserved
- 1$\frac{1}{2}$ teaspoons salt, divided
- 1 cup uncooked long grain white rice
- 1 tablespoon garam masala*
- 1 teaspoon pepper
- 1$\frac{1}{2}$ pounds medium shrimp, peeled and deveined
- 2 tablespoons olive oil
- $\frac{1}{2}$ cup plus 2 tablespoons chopped green onions, divided

Bring water, coconut milk, 1/4 cup reserved pineapple juice, and 1/2 teaspoon salt to a boil in medium saucepan over medium-high heat. Stir in rice; cover and reduce heat to simmer. Cook 15 minutes, or until liquid is absorbed. Stir in pineapple and 1/2 cup green onions. Meanwhile, in large bowl, combine remaining 1 teaspoon salt, garam masala and pepper. Add shrimp and stir to coat with spice mixture. Heat oil in large skillet over medium-high heat. Add shrimp and sauté just until cooked through, about 4 to 5 minutes. Spoon rice onto platter; top with shrimp and remaining 2 tablespoons green onions.

*Garam masala is an Indian spice blend found in most supermarkets. If unavailable, substitute curry powder.

Makes 6 servings. Each serving provides 475 calories, 28 grams protein, 24 grams fat, 39 grams carbohydrate, 3 grams dietary fiber, 172 milligrams cholesterol and 769 milligrams sodium.





Smoked Gouda and Spinach Rice Casserole

Elise Lalor - *Issaquah, WA*

- 3 tablespoons oil
- ½ cup finely chopped shallots
- 2 cups sliced mushrooms
- 3 cups hot cooked long grain white rice
- 1 (10-ounce) package frozen chopped spinach, thawed and drained
- 2 cups shredded smoked gouda cheese, divided
- ½ cup whipping cream
- Salt and pepper to taste

Preheat broiler. Heat oil in large skillet over medium-high heat. Add shallots and mushrooms; sauté about 6 to 8 minutes or until tender. Add hot rice, spinach, 1 1/4 cups cheese and cream; stir until cheese melts and mixture is heated through. Spoon mixture into lightly greased 2-quart casserole. Sprinkle remaining 3/4 cup cheese over top. Broil about 2 minutes or until cheese melts.

Makes 6 servings. Each serving provides 363 calories, 15 grams protein, 22 grams fat, 29 grams carbohydrate, 4 grams dietary fiber, 56 milligrams cholesterol and 649 milligrams sodium.

Thai Chicken and Rice Lettuce Wraps

Priscilla Yee - *Concord, CA*

- 1 tablespoon oil
- 3 cups cooked brown rice
- 1 cup bottled peanut sauce plus extra for dipping
- 2 (6- to 10-ounce) packages refrigerated, grilled chicken strips, cut into 1/2-inch pieces or 3 cups cubed, grilled chicken breasts
- 1½ cups diced, peeled mango
- 1 cup julienne red bell pepper strips
- Salt and pepper to taste
- 12 whole large leaves Boston or iceberg lettuce

Heat oil in large nonstick skillet over medium heat; add cooked rice. Lightly sauté rice, stirring frequently about 3 minutes. In large bowl, combine rice, peanut sauce, chicken, mango and bell pepper; toss to coat. Season with salt and pepper. Arrange lettuce leaves on large platter. Spoon rice mixture into center of each lettuce leaf and roll around filling to eat. Serve with additional peanut sauce for dipping, if desired.

Makes 6 servings. Each serving provides 338 calories, 24 grams protein, 9 grams fat, 40 grams carbohydrate, 5 grams dietary fiber, 48 milligrams cholesterol and 875 milligrams sodium.



How to prepare rice. For best results always follow package directions.

When directions are not available, use this easy method: Combine 1 cup rice, liquid (see chart), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer. Cook according to time specified on chart. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork.

1 Cup Uncooked Rice	Liquid	Cooking Time	Yield
Regular-milled long grain	$1\frac{3}{4}$ cups	15 minutes	3 to 4 cups
Regular-milled medium grain	$1\frac{1}{2}$ cups	15 minutes	3 cups
Regular-milled short grain	$1\frac{1}{4}$ cups	15 minutes	3 cups
Whole grain/brown rice	$2\frac{1}{4}$ cups	40 to 50 minutes	3 to 4 cups
Parboiled	2 cups	20 to 25 minutes	3 to 4 cups
Precooked, flavored or seasoned mixes	Follow package directions	varies	varies

Both brown and white rice are also available in quicker cooking forms, such as instant, boil-in-bag, and fully-cooked heat and eat. When preparing, follow package directions.

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Fast and Fabulous

Award-Winning Rice Recipes

No matter how you cook it - spicy or sweet, in soup, salad or even dessert - rice is fabulous. These award-winning recipes, created by some of the best cooks in the country, are super easy, fast, and taste great. From Manika Misra's Layered Rice Pesto and Pepper Bake to Lisa Renshaw's Creamy Curry Carrot Soup, our latest collection of recipes demonstrate just how versatile rice is. *Enjoy.*



Layered Rice Pesto and Pepper Bake

Manika Misra - *Waban, MA*

- 3 cups cooked rice
- 1 3/4 cups shredded Parmesan cheese, divided
- Salt and ground black pepper to taste
- Nonstick vegetable spray
- 1/2 cup prepared basil pesto sauce, divided
- 4 ounces crumbled goat cheese, divided
- 10 ounces roasted red peppers, drained, patted dry and chopped

Preheat oven to 400 degrees. Combine rice, 1-1/2 cups Parmesan cheese, salt and pepper in a medium bowl. Spray a 7-inch diameter soufflé dish or springform pan with nonstick vegetable spray. Place 1/2 of rice mixture in bottom of prepared dish; pat down well. Spread 1/2 of pesto evenly over rice and sprinkle with 1/2 of goat cheese. Layer 1/2 of red peppers over goat cheese. Repeat above layers. Sprinkle remaining 1/4 cup Parmesan cheese over top. Bake 12 to 15 minutes in preheated oven. Cut into wedges to serve.

Note: Dish may be assembled ahead of time, covered and refrigerated. Uncover to bake.

Makes 6 servings. Each serving provides 433 calories, 21 grams protein, 25 grams fat, 29 grams carbohydrate, 1 gram dietary fiber, 52 milligrams cholesterol and 865 milligrams sodium.



Greek Garden Rice Salad

Sharyn Hill - *Organ, New Mexico*

- ½ cup sun-dried tomatoes (oil packed), chopped
- 3 tablespoons oil from jar of sun-dried tomatoes
- 3 cups medium grain cooked rice
- 1 small red onion, chopped
- ½ cup drained, pitted and halved Kalamata olives
- 2 (4-ounce) packages crumbled Feta cheese with garlic and herbs
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ (6-ounce) package baby spinach leaves, thinly sliced

Combine sun-dried tomatoes, oil and rice. Stir in onion, olives, cheese, salt and pepper. Add spinach and toss gently to combine.

Makes 6 servings. Each serving provides 294 calories, 9 grams protein, 16 grams fat, 29 grams carbohydrate, 3 grams dietary fiber, 33 milligrams cholesterol and 928 milligrams sodium.



Creamy Curry Carrot Soup

Lisa Renshaw - *Kansas City, MO*

- 2 tablespoons butter
- 2 to 3 teaspoons curry powder
- 1 teaspoon salt
- 1 medium onion, finely chopped
- 4 medium carrots, shredded
- 3 (14.5-ounce) cans chicken broth, divided
- 3 cups cooked long grain rice
- 1 cup whipping cream

Melt butter in large stockpot over medium-high heat. Blend in curry powder and salt, stirring constantly for 30 seconds. Add onion and carrots; sauté 7 to 9 minutes, stirring frequently. Carefully spoon mixture into blender or food processor. Add 1 can broth to vegetables; blend but don't puree. Return mixture to stockpot; add remaining 2 cans broth and rice. Heat over medium-high heat until hot, about 5 minutes. Remove from heat and stir in whipping cream.

Makes 8 servings. Each serving provides 241 calories, 4 grams protein, 16 grams fat, 23 grams carbohydrate, 2 grams dietary fiber, 49 milligrams cholesterol and 905 milligrams sodium.



Gingered Rice Shrimp Salad

Corinne Portteus - *Newark, CA*

- 3 cups cooked medium grain rice
- 2 cups frozen peeled, deveined cooked shrimp, thawed
- 1 cup (cut in half) snow peas, blanched
- ½ cup thinly sliced green onions
- ½ cup julienned red bell pepper strips
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- ¼ cup peanut oil
- ¾ cup oriental-flavored dressing

Combine rice, shrimp, snow peas, green onion, bell pepper, salt and pepper in a large bowl. Add oil and toss until mixture is evenly coated. Drizzle dressing over salad and toss gently.

Makes 6 servings. Each serving provides 320 calories, 13 grams protein, 16 grams fat, 31 grams carbohydrate, 1 gram dietary fiber, 96 milligrams cholesterol and 562 milligrams sodium.



Gorgonzola Lemon Rice

Kelly Mapes - *Ft. Collins, CO*

- 2 tablespoons olive oil
- 2 cups coarsely chopped fresh mushrooms
- 1 (4-ounce) package Gorgonzola cheese crumbles
- ½ cup heavy cream
- 2 tablespoons fresh lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 3 cups cooked rice
- 2 cups lightly-packed torn fresh spinach leaves

Heat oil in large saucepan over medium heat. Add mushrooms and cook until soft, about 4 minutes. Reduce heat to medium-low; stir in cheese and continue to stir frequently until cheese melts, about 3 minutes. Stir in cream, lemon juice, salt and pepper. Stir in rice and heat until hot, about 5 minutes. Toss in spinach just before serving. Garnish with lemon zest.

Makes 6 servings. Each serving provides 272 calories, 7 grams protein, 17 grams fat, 25 grams carbohydrate, 2 grams dietary fiber, 44 milligrams cholesterol and 532 milligrams sodium.



Sausage & Apricot Balsamic Rice

Tricia Brown - *Santa Barbara, CA*

- 1 (12-ounce) package sage-flavored pork sausage
- $\frac{1}{3}$ cup maple syrup
- 6 tablespoons balsamic vinegar
- 3 cups cooked long grain rice
- $\frac{3}{4}$ cup chopped dried apricots
- 1 cup coarsely chopped roasted, salted cashew nuts
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper

Crumble sausage into a large non-stick skillet. Stirring periodically, cook over medium heat until browned, about 10 to 15 minutes. Drain grease from pan. Add maple syrup and vinegar; stir and cook 2 to 3 minutes to blend. Add rice, apricots, cashews, salt and pepper; stir over medium heat until blended. Serve warm.

Makes 8 servings. Each serving provides 426 calories, 10 grams protein, 25 grams fat, 41 grams carbohydrate, 2 grams dietary fiber, 29 milligrams cholesterol and 630 milligrams sodium.

How to prepare rice

For best results always follow package directions. When directions are not available, use this easy method: Combine 1 cup rice, liquid (see chart), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer. Cook according to time specified on chart. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork.

1 Cup Uncooked Rice	Liquid	Cooking Time	Yield
Regular-milled long grain	$1\frac{3}{4}$ cups	15 minutes	3 to 4 cups
Regular-milled medium grain	$1\frac{1}{2}$ cups	15 minutes	3 cups
Regular-milled short grain	$1\frac{1}{4}$ cups	15 minutes	3 cups
Whole grain	$2\frac{1}{4}$ cups	45 to 50 minutes	3 to 4 cups
Parboiled	2 cups	20 to 25 minutes	3 to 4 cups
Precooked, flavored or seasoned mixes	Follow package directions	varies	varies

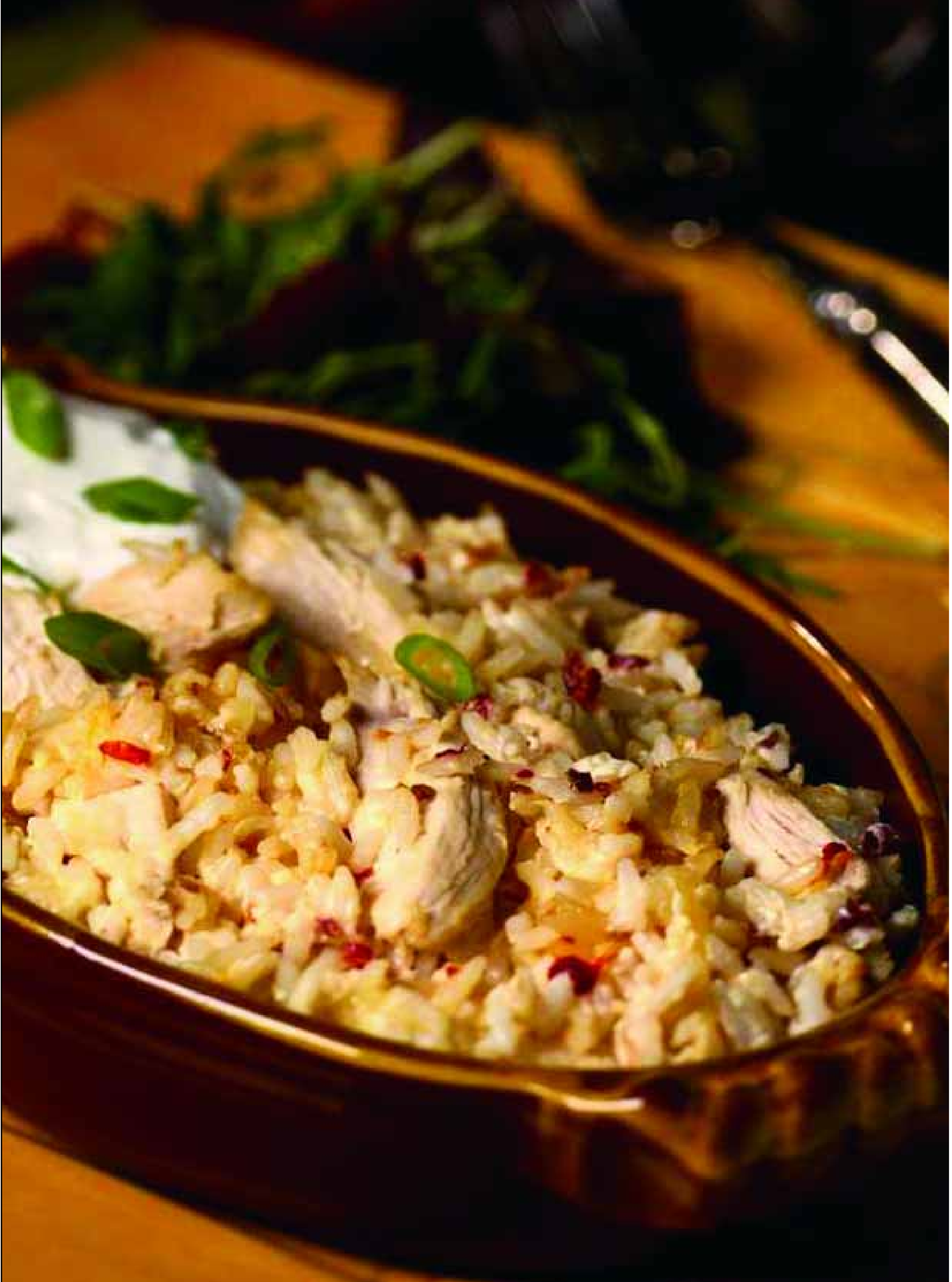
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Simply Sensational

Award-Winning Rice Recipes

It was a tough job but somebody had to do it…so we rounded up a team of rice experts and culinary pros to seek out the best tasting, most creative, easiest to prepare rice recipes from America's greatest home cooks. We studiously pored through thousands of contest entries in search of innovative recipes that were a bit on the adventurous side and, most importantly, made our taste buds dance! Of course we also wanted to make sure most everyone could find the ingredients at their home town grocer, and that the recipes didn't call for five appliances and seven different pots and pans.

We hope you love these recipes as much as we do, and that they inspire you to experiment and explore new rice dishes at home.



Grand Prize

Smoky Mountain Chicken and Rice Casserole

Lisa Renshaw - *Kansas City, MO*

- Vegetable cooking spray
- 2 cups sour cream
- 1 (10 $\frac{3}{4}$-ounce) can condensed cream of chicken soup
- 2 chipotle peppers in adobo sauce, finely chopped
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 cups cooked rice
- 2 cups shredded cooked chicken
- 2 cups shredded smoked cheddar cheese

Preheat oven to 400 degrees. Lightly coat 13x9x2-inch baking dish with vegetable cooking spray. In large bowl, stir together sour cream, soup, chipotles, salt and pepper until well blended. Stir in rice, chicken and cheese. Spoon into baking dish. Bake uncovered in preheated oven 20 to 25 minutes, until edges of casserole are bubbly. Turn oven to broil setting and lightly brown casserole.

Serving suggestion: Garnish with additional sour cream and sliced green onions.

Makes 8 to 10 servings. Each serving provides 405 calories, 22 grams protein, 25 grams fat, 22 grams carbohydrate, 1 gram fiber, 88 milligrams cholesterol and 769 milligrams sodium.



Cremini Mushroom & Roasted Garlic Rice Soup

Gloria Pleasants - *Williamsburg, VA*

- 1/3 cup butter
- 1 pound cremini mushrooms, sliced
- 1 large sweet mild onion, finely chopped
- 3 cups cooked brown rice, divided
- 1 (6 1/2-ounce) container Garlic and Herbs Spreadable Cheese
- 2 (14-ounce) cans roasted garlic seasoned chicken broth, divided
- 2 cups water, additional if desired
- 8 slices precooked ready-to-serve smoked bacon
- Salt and pepper to taste

Melt butter in a large non-stick stockpot over medium-high heat. Add mushrooms and onion; cook about 10 minutes, stirring periodically. Let mixture cool slightly. In food processor or blender, combine mushroom mixture, 1-1/2 cups rice, cheese and 1 cup broth. Pulse mixture until mushrooms are finely chopped but not pureed and mixture is thoroughly combined. Return mixture to stockpot; stir in remaining rice, broth and water. Bring to a boil; cook uncovered over medium heat 5 minutes. Heat bacon slices between paper towels in microwave according to package directions. Chop bacon and set aside. Add salt and pepper to soup to taste. To serve, ladle soup into bowls; sprinkle with bacon.

Serving suggestion: Garnish with additional sautéed mushrooms and chives, sliced green onions, or other fresh herbs, such as sage or thyme.

Makes 8 to 12 servings (about 4 quarts). Each serving provides 210 calories, 5 grams protein, 11 grams fat, 22 grams carbohydrate, 2 grams fiber, 33 milligrams cholesterol and 457 milligrams sodium.



Crepes Stuffed with Grand Marnier Rice Pudding

Juliana Goodwin - *Osage Beach, MO*

- 2 1/2 cups milk
- 1/4 cup sugar
- 2 tablespoons vanilla
- 1/2 cup butter, divided
- 1/2 cup Grand Marnier plus 6 tablespoons, divided
- 1 cup uncooked medium grain rice
- 6 (9-inch) prepared crepes

Combine milk and sugar in 2-quart saucepan. Bring to boil over medium heat. Add vanilla, 2 tablespoons butter, 1/2 cup Grand Marnier and rice; stir over medium heat 5 minutes. Cover, reduce heat to low and simmer 20 minutes. In large non-stick skillet, heat 1 tablespoon Grand Marnier with 1 tablespoon butter. Add crepe to skillet, heat through. Turn to heat other side. To make a crepe Suzette fold, spoon filling on center of crepe, fold crepe in half, then fold again, forming a triangle four layers thick. Repeat procedure with remaining Grand Marnier, butter, crepes and filling. Serve warm.

Serving suggestion: Top with Grand Marnier-laced whipped cream, fresh berries and sliced peaches or nectarines.

Makes 6 servings. Each serving provides 514 calories, 7 grams protein, 20 grams fat, 57 grams carbohydrate, 0 grams fiber, 60 milligrams cholesterol and 258 milligrams sodium.



Caramelized Onion, Smoked Gouda & Pecan Rice Tart

Anna Ginsberg - *Austin, TX*

- 2 tablespoons butter
- 4 cups sliced sweet mild onion (about 3 large)
- 3 cups cooked rice
- $\frac{3}{4}$ cup Parmesan cheese
- 3 eggs
- 2 cups shredded smoked Gouda cheese
- $\frac{3}{4}$ cup chopped pecans

Preheat oven to 400 degrees. Heat butter in large skillet over medium heat. Add onion and sauté 8 to 10 minutes, stirring periodically until browned and caramelized. Meanwhile combine rice, Parmesan and eggs in a medium bowl. Press mixture into bottom of a 10-inch removable bottom pan. Distribute onion over crust and top with smoked Gouda and pecans. Bake in preheated oven 12 to 15 minutes, until pecans are toasted.

Tip: To hasten caramelization, add 2 tablespoons brown sugar to onions just as they become translucent.

Makes 6 servings. Each serving provides 240 calories, 10 grams protein, 15 grams fat, 17 grams carbohydrate, 2 grams fiber, 76 milligrams cholesterol and 290 milligrams sodium.



Rio Bravo Rice-Stuffed Poblanos

Edwina Gadsby - *Great Falls, MT*

- 6 large poblano peppers
- Cooking oil
- 3 cups cooked long grain rice
- $\frac{2}{3}$ cup sour cream
- $1\frac{1}{2}$ cups shredded smoked Gouda or cheddar cheese, divided
- 1 cup frozen corn kernels, thawed
- $\frac{1}{3}$ cup chopped cilantro leaves plus additional for garnish
- Salt and pepper to taste

Preheat oven to 400 degrees. Slit each pepper lengthwise so peppers can later be stuffed with rice filling. Carefully remove loose seeds and veins, keeping stem intact. Rub pepper generously with oil and place on baking sheet. Combine rice, sour cream, 1 cup cheese, corn and cilantro in a medium bowl. Season with salt and pepper. Divide mixture to stuff each pepper; sprinkle with remaining cheese. Bake in preheated oven 20 to 25 minutes, until peppers are crisp-tender and filling is heated through. Garnish with cilantro.

Makes 6 servings. Each serving provides 307 calories, 12 grams protein, 14 grams fat, 35 grams carbohydrate, 2 grams fiber, 42 milligrams cholesterol and 262 milligrams sodium.



Bangkok Rice and Shrimp Salad

Kimberly Stipe - *Bethany, OK*

- ½ cup canned coconut milk
- ¼ cup rice vinegar
- 1 tablespoon oil
- ½ teaspoon salt
- 3 tablespoons chopped basil, plus additional basil leaves for garnish
- 3 cups cooked U.S. jasmine or medium grain rice
- 1 pound frozen cooked shrimp, peeled, deveined, thawed
- ½ cup chopped salted peanuts

Whisk milk, vinegar and oil together in a small bowl. Add salt and basil; set aside. Stir rice, shrimp and coconut milk mixture in medium bowl until blended. Spoon into serving bowl; sprinkle with peanuts and basil to garnish.

Tip: If available, Thai basil is especially good in this salad.

Makes 6 servings. Each serving provides 300 calories, 21 grams protein, 11 grams fat, 28 grams carbohydrate, 1 gram fiber, 148 milligrams cholesterol and 353 milligrams sodium.

How to prepare rice

For best results always follow package directions.

When directions are not available, use this easy method: Combine 1 cup rice, liquid (see chart), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer. Cook according to time specified on chart. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork.

1 Cup Uncooked Rice	Liquid	Cooking Time	Yield
Regular-milled long grain	1¾ cups	15 minutes	3 to 4 cups
Regular-milled medium grain	1½ cups	15 minutes	3 cups
Regular-milled short grain	1¼ cups	15 minutes	3 cups
Whole grain	2¼ cups	45 to 50 minutes	3 to 4 cups
Parboiled	2 cups	20 to 25 minutes	3 to 4 cups
Precooked, flavored or seasoned mixes	Follow package directions	varies	varies

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Surprisingly Simple

5-Star Award-Winning Rice Recipes

Make stylish dishes effortlessly in your own kitchen!

Your family and friends will be delighted by your mouth-watering, eye-catching creations. Rice pairs nicely with a variety of flavorful trendy ingredients – perfect for creating 'up-town' recipes and ideal for those pressed for time. Each recipe uses only six ingredients and can be made in 30 minutes. These creative recipes are sure to impress, and no one will believe how easy they are to prepare!



Grand Prize

Creamy Rice Pudding Brulee with Gingered Berries

Linda Rohr - *Darien, CT*

- 3 cups mixed berries (such as strawberries and blueberries)
- 1 (2-ounce) jar crystallized ginger, coarsely chopped
- 2 cups heavy cream or half and half
- 3 cups cooked medium or long grain white rice
- ⅔ cup packed light brown sugar, divided
- 1 tablespoon butter
- ¾ teaspoon almond extract

Preheat broiler. Combine berries and 3 tablespoons chopped ginger in medium bowl; set aside. Bring heavy cream, rice, and 1/3 cup brown sugar just to a boil in large saucepan over medium-high heat. Reduce heat to medium; cook 10 minutes, stirring frequently, or until thickened. Remove from heat, stir in remaining ginger, butter, and extract. Spray 8 oven-proof custard cups* with vegetable cooking spray and place on baking sheet. Spoon equal amounts of rice mixture into each cup. Sprinkle evenly with remaining sugar; broil 2 to 3 minutes or until sugar completely melts and begins to bubble. Remove from broiler; let stand 2 minutes. Serve with berry mixture.

*One 10-inch shallow oven-safe baking dish or quiche dish may be used in place of individual custard cups. Spoon entire rice mixture into dish; top with brown sugar and broil.

Makes 8 servings. Each serving provides 410 calories, 3 grams protein, 24 grams fat, 49 grams carbohydrate, 1 gram dietary fiber, 85 milligrams cholesterol and 45 milligrams sodium.

Tilapia with Cheesy Roasted Pepper-Chipotle Rice

Debra Thomas - *Bidwell, OH*

- 1 (12-ounce) jar roasted red peppers, drained
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 tilapia or snapper fillets (about 1 1/2 pounds)
- 1 tablespoon butter or margarine
- 1 tablespoon olive oil
- 1 cup chipotle salsa
- 3 cups cooked long grain brown rice
- 3/4 cup shredded Manchego or Parmesan cheese
- 1/2 cup pitted kalamata olives, halved

Place red peppers in blender or food processor; puree until smooth; set aside. Sprinkle salt and pepper evenly over both sides of fish. Melt butter and oil in large nonstick skillet over medium heat until hot. Add fish; cook 3 minutes on each side or until opaque. Set aside on separate plate; cover to keep warm. To pan drippings, add pureed peppers and salsa; bring to boil. Remove 1/4 cup salsa mixture; set aside. Stir rice into remaining salsa mixture in skillet; cook until heated, stirring frequently. Add cheese and olives; cook 1 minute or until cheese melts. Spoon rice on platter around fish; spoon reserved sauce over fish. Garnish with additional olives, if desired.

Makes 4 servings. Each serving provides 580 calories, 42 grams protein, 24 grams fat, 47 grams carbohydrate, 7 grams dietary fiber, 135 milligrams cholesterol and 1540 milligrams sodium.





Cilantro Chimichurri Rice with Shrimp

Edwina Gadsby - *Great Falls, MT*

- 1 cup lightly packed cilantro leaves
- 2 red jalapeno peppers, seeded
- 2 garlic cloves, peeled
- 2-3 tablespoons red wine vinegar
- 6 tablespoons olive oil, divided
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound medium shrimp,* peeled and deveined
- 3 cups hot cooked long grain white rice

Preheat grill or broiler. Combine cilantro, jalapenos, garlic, vinegar, 1/4 cup oil, salt and pepper in food processor; process until fine texture; set aside. Toss shrimp with remaining 2 tablespoons oil; arrange on grill or rack in broiler pan. Grill or broil 4 inches from heat source 2 minutes on each side or until opaque in center. Combine hot rice with half of the cilantro mixture; mix well. Place on platter; top with shrimp and spoon remaining cilantro mixture over shrimp.

*1 pound chicken tenders may be substituted for shrimp.

Makes 4 servings. Each serving provides 470 calories, 26 grams protein, 23 grams fat, 35 grams carbohydrate, 1 gram dietary fiber, 170 milligrams cholesterol and 610 milligrams sodium.

Pear & Walnut Rice Salad with Blue Cheese Vinaigrette

Ellie Mathews - *Port Townsend, WA*

- 3 cups cooked medium or long grain brown rice
- 1 large firm pear, such as Anjou or Bartlett, cored and diced
- 3 medium green onions, chopped
- ½ cup coarsely chopped toasted walnuts
- ⅓ cup crumbled blue cheese
- ⅓ cup prepared vinaigrette (garlic, herb or raspberry)
- ½ teaspoon salt
- ¼ teaspoon pepper

Combine all ingredients in medium bowl; toss to coat. Serve immediately over lettuce leaves and top with dried cranberries, if desired.

Makes 6 servings. Each serving provides 260 calories, 6 grams protein, 13 grams fat, 31 grams carbohydrate, 4 grams dietary fiber, 5 milligrams cholesterol and 450 milligrams sodium.





Shrimp & Rice Patties with Creamy Cilantro Sauce

Daljeet Singh - *Coral Springs, FL*

- 1 cup chopped cilantro leaves
- 1 (16-ounce) container light sour cream
- 2 jalapeno peppers, seeded
- 1½ teaspoons salt, divided
- 3 cups cooked medium or long grain white rice
- 1 pound medium shrimp, peeled and deveined
- 1 cup chopped green onions
- ½ teaspoon pepper
- 2 tablespoons olive oil

Combine cilantro, sour cream, jalapenos and 1/2 teaspoon salt in food processor and puree until smooth. Spoon into bowl; refrigerate. Combine rice, shrimp, green onions, remaining salt and pepper in food processor (do not wipe clean); pulse until texture is coarse. Shape into 12 patties,* about 3 inches in diameter. Heat oil in large nonstick skillet over medium heat. Add 6 patties and cook 2 to 3 minutes on each side or until lightly golden; remove. Cook remaining patties, using additional oil, if needed. Serve with sauce and lime wedges, if desired.

**May be shaped into 24 (2-inch diameter patties) for hors d'oeuvres.*

Makes 6 servings. Each serving provides 320 calories, 20 grams protein, 12 grams fat, 35 grams carbohydrate, 3 grams dietary fiber, 140 milligrams cholesterol and 780 milligrams sodium.

Salmon & Rice Packets with Fennel, Orange & Raisins

David Dahlman - *Chatsworth, CA*



- 3 cups cooked medium or long grain brown rice
- ¼ cup golden raisins
- 1 teaspoon grated orange zest
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4 (6-ounce each) salmon fillets, skin removed
- 1 medium fresh fennel bulb, trimmed, cored and thinly sliced crosswise
- 1 small red onion, thinly sliced in 8 rounds
- Juice of 1 orange
- 2 tablespoons olive oil

Preheat broiler. Combine rice, raisins, orange zest, 1/2 teaspoon salt and 1/4 teaspoon pepper in medium bowl. Place 4 sheets of foil (12" x 12") on large baking sheet. Spoon equal amounts of rice mixture in center of each sheet. Top rice with salmon; sprinkle lightly with additional salt and pepper. Top salmon with equal amounts of fennel and arrange onion slices over fennel. Squeeze juice from one orange evenly over all and drizzle with oil. Wrap foil over contents and pinch ends tightly to form individual packets; broil 6 to 7 inches from heat source 20 minutes or until salmon is opaque in center.

Makes 4 servings. Each serving provides 600 calories, 39 grams protein, 27 grams fat, 50 grams carbohydrate, 5 grams dietary fiber, 100 milligrams cholesterol and 430 milligrams sodium.



Sushi di Italia

Leah Lyon - *Ada, OK*

- 3 cups cooked short or medium grain white rice, cooled
- 1 cup grated Parmesan-Romano cheese blend
- ⅔ cup half and half
- ½ cup chopped fresh basil leaves
- 8-10 large thin slices prosciutto (cured Italian ham)
- 1 (7-ounce) jar roasted red peppers, drained and cut in strips

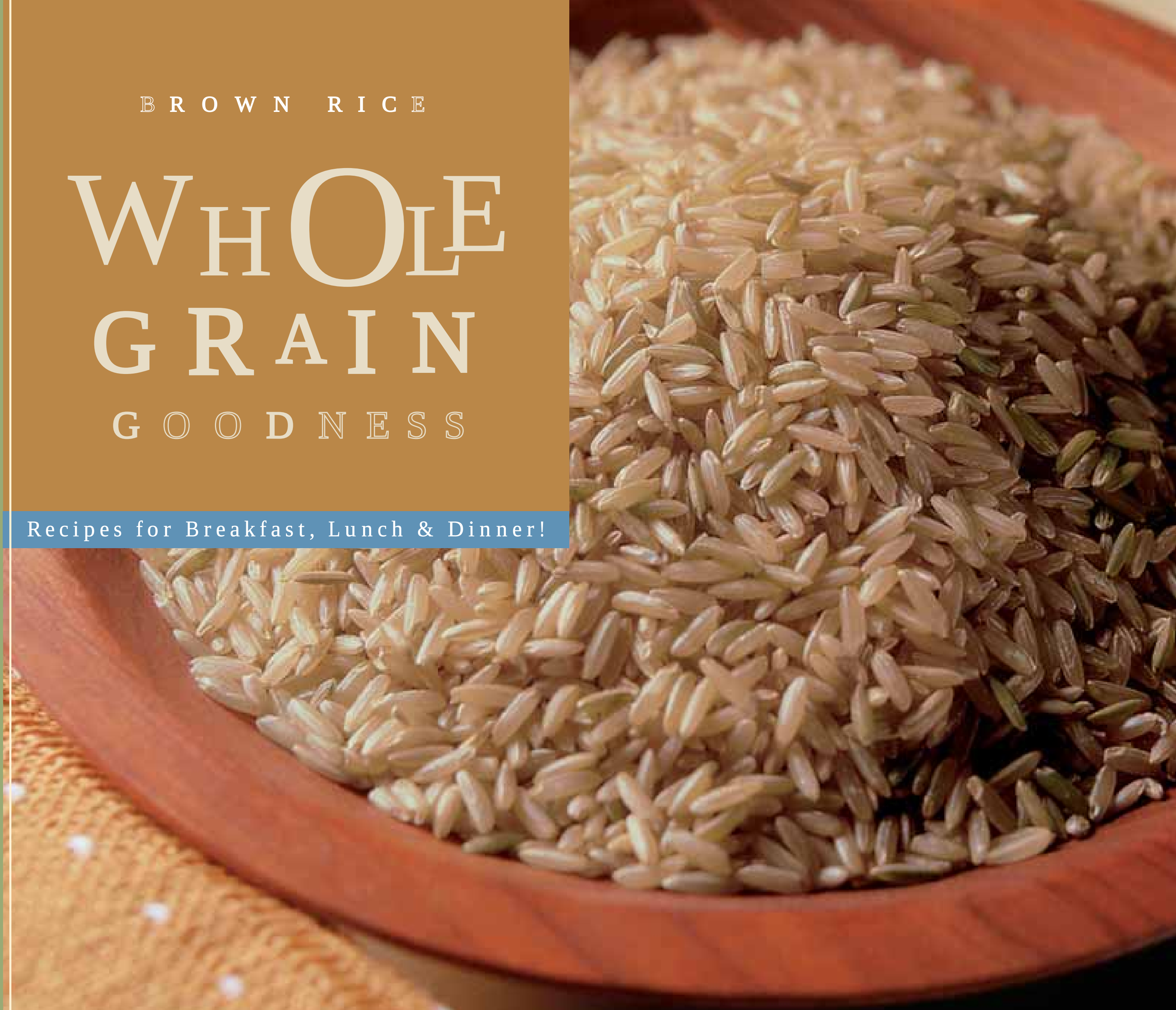
Combine rice, cheese, half and half, and basil in large bowl. Place 1 prosciutto slice on cutting board; spread 1/2 cup rice mixture evenly over prosciutto, pressing slightly. Arrange a few pepper strips lengthwise down center over rice; carefully roll into a log, about 8 inches long and 1 1/2 inches in diameter. Repeat with remaining prosciutto slices; refrigerate 15 minutes. Cut each roll crosswise into 1-inch pieces, placing on platter, cut side up, to resemble sushi. Serve at room temperature.

Makes 16 servings (about 64 pieces). Each serving provides 120 calories, 7 grams protein, 5 grams fat, 11 grams carbohydrate, 0 grams dietary fiber, 15 milligrams cholesterol and 440 milligrams sodium.

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Recipes for Breakfast, Lunch & Dinner!



Make half your grains whole. *2005 U.S. Dietary Guidelines for Americans*

There's a good reason for the new excitement about brown rice! The 2005 U.S. Dietary Guidelines for Americans and MyPyramid urge consumers to eat five to ten servings (based on caloric needs) of grains each day, and at least half of those should be whole grains. Great taste and versatility make brown rice an excellent way to meet your daily whole grain quota.

Brown rice is a nutritious whole grain. Like all whole grains, it contains all three layers of the kernel – the bran, germ and endosperm. Brown rice is rich in complex carbohydrates and packed with vitamins and minerals, including niacin, folate, vitamin E and potassium, with antioxidants, phytonutrients and dietary fiber. It naturally pairs with other nutrient-rich foods like vegetables, fruits, lean meats and seafood, transforming everyday ingredients into satisfying meals. And, brown rice has earned the Whole Grain Council's "100% WHOLE GRAIN" stamp, which assures consumers they are buying a 100% whole grain food.

More good news: Research shows that rice eaters have overall healthier diets that are more in line with the Dietary Guidelines – more vegetables and fruits, less total fat and added sugar, and more fiber and dietary folate*.

The delicious taste of brown rice is simply irresistible in a wide array of dishes for breakfast, lunch, dinner and dessert! Its sweet, nutty flavor and satisfying texture make it the perfect addition to recipes. And, with so many varieties of U.S.-grown rice, try combining cooked brown rice with white rice, jasmine, basmati or others to make your own special rice blend.

So if you're looking for easy, enticing recipes, here are a variety of creative ideas especially for you. Choose brown rice as the ideal whole grain for the way you eat today!

*Source: *"Rice Consumption in the United States: New Evidence from Food Consumption Surveys," Iowa State University, 2005.*



Orange Chicken and Vegetable Rice Bowl

- 2 tablespoons vegetable oil
- 1 pound skinless, boneless, chicken breasts, cut into strips
- 2 cups broccoli florets
- 2 carrots, thinly sliced
- 1 medium onion, sliced
- 1 each yellow and red bell peppers, sliced
- 1 tablespoon grated fresh ginger
- 1 (14-ounce) can low-sodium chicken broth
- 1/2 cup orange juice
- 1 tablespoon grated orange zest
- 3 tablespoons soy sauce
- 2 tablespoons cornstarch
- 3 cups hot cooked brown rice

Heat 1 tablespoon oil in large skillet or wok; stir fry chicken until lightly browned; remove. In same skillet heat remaining oil; stir fry vegetables and ginger 4 to 5 minutes, or until vegetables are tender crisp. Combine chicken broth, orange juice and zest, soy sauce and cornstarch in bowl and stir until smooth. Add to skillet, stirring constantly. Boil 1 to 2 minutes or until thickened. Stir in chicken and cook until heated through. Spoon over or toss with hot rice.

Makes 6 servings. Each serving provides 300 calories, 21 grams protein, 8 grams fat, 35 grams carbohydrate, 4 grams dietary fiber, 53 milligrams cholesterol and 707 milligrams sodium.

Country Breakfast Cereal



- 1 cup uncooked brown rice
- 1 tablespoon butter or margarine
- 1/4 teaspoon salt
- 1/2 cup seedless raisins or dried cranberries
- 1 teaspoon ground cinnamon
- 2 1/4 cups water*
- Milk or cream (optional)
- Honey or brown sugar (optional)
- Fresh fruit or toasted nuts (optional)

Combine rice, butter, salt, raisins and cinnamon with water in 2- to 3-quart saucepan. Bring to a boil; stir. Reduce heat, cover, and simmer 40 to 50 minutes, or until rice is tender and liquid is absorbed. Fluff with fork. Serve with milk or cream, honey or brown sugar, and fresh fruit or nuts, if desired.

*For moister rice, add 1/4 cup of water.

Note: Make Country Breakfast Cereal using leftover cooked brown rice. For 3 cups cooked rice, add butter or margarine, salt, raisins or cranberries and cinnamon above, and heat in a saucepan or in your microwave oven until heated through. Add optional ingredients, as desired.

Makes 6 servings. Each serving provides 168 calories, 3 grams protein, 3 grams fat, 34 grams carbohydrate, 2 grams dietary fiber, 5 milligrams cholesterol, and 114 milligrams sodium.

Creative Tips

Brown Rice can be enjoyed in countless ways, using recipes or creating your own special dish.

Here are some "thought starters" for easy change-of-pace ideas to add interest to any meal.

Stir into hot cooked brown rice:

- Toasted pecans and raisins or dried cranberries
- Chopped sun-dried tomatoes, black olives and fresh basil
- Sliced red and yellow bell peppers, toasted pine nuts and crumbled feta cheese
- Sautéed mushrooms, shallots and grated Asiago cheese
- Diced tomatoes, chopped cilantro and diced green chiles
- Fresh green beans sautéed in butter and toasted sliced almonds
- Mandarin orange slices and sliced green onions

Make a warm or chilled brown rice salad by combining brown rice with one of the selections above (or one of your own), and a splash of vinaigrette dressing. Serve warm, or chill if desired.

Confetti Rice Pilaf



2 teaspoons olive oil
1/2 cup diced or julienne carrots
1/2 cup diced or julienne zucchini
1/2 cup diced or julienne yellow squash
1 clove garlic, minced
3 cups cooked brown rice (cooked in low-sodium chicken broth)
1/4 teaspoon ground black pepper
1/4 teaspoon minced fresh rosemary leaves,or favorite herb

Heat oil in large skillet over medium heat. Add carrots, zucchini, squash and garlic; cook until vegetables are tender crisp. Stir in rice, pepper and rosemary. Cook until heated through.

Serving suggestion: Makes a great side dish for grilled meats, poultry or seafood.

Makes 6 servings. Each serving provides 99 calories, 3 grams protein, 2 grams fat, 17 grams carbohydrate, 2 grams dietary fiber, 0 milligrams cholesterol, and 82 milligrams sodium.



Mexican Skillet Rice

1 pound lean ground beef or turkey
1 medium onion, chopped
2 tablespoons chili powder
1 teaspoon ground cumin
1/2 teaspoon salt
3 cups cooked brown rice
1 (16-ounce) can pinto beans, drained
2 (4-ounce) cans diced green chiles
1 tomato, seeded and chopped (optional)
Shredded Cheddar cheese (optional)
Fresh cilantro for garnish (optional)

In large skillet over medium-high heat, cook meat until brown, stirring to crumble; drain fat. Add onion, chili powder, cumin and salt; cook until onion is tender. Stir in rice, beans and chiles; cook until heated through. Top with tomato, cheese and cilantro, if desired.

Makes 6 servings. Each serving provides 398 calories, 20 grams protein, 18 grams fat, 39 grams carbohydrate, 7 grams dietary fiber, 57 milligrams cholesterol, and 608 milligrams sodium.

Greek Rice Salad

3 cups cooked brown rice
1 cup red grape tomatoes, sliced in half
1/3 cup pitted Kalamata olives, sliced
1/4 cup crumbled feta cheese
1/4 cup vinaigrette or Italian-style dressing
Salt and pepper to taste
Romaine lettuce leaves

Combine rice, tomatoes, olives, feta cheese and dressing in large bowl. Season with salt and pepper. Toss well and serve on lettuce leaves, or use lettuce leaves as "wraps" to hold filling.

Makes 6 servings. Each serving provides 186 calories, 4 grams protein, 8 grams fat, 25 grams carbohydrate, 2 grams dietary fiber, 6 milligrams cholesterol, and 135 milligrams sodium.





Chunky Vegetarian Chili

1 tablespoon vegetable oil
1 medium green pepper, chopped
1 medium onion, chopped
3 cloves garlic, minced
2 (14 1/2-ounce) cans Mexican-style tomatoes, undrained
1 (15-ounce) can kidney beans, drained and rinsed
1 (15-ounce) can pinto beans, drained and rinsed
1 (11-ounce) can whole-kernel corn, drained
3 cups water
1 cup uncooked brown rice
2 tablespoons chili powder
1 teaspoon ground cumin
Shredded Cheddar or Monterey Jack cheese (optional)
Sour cream (optional)

Heat oil in 3-quart saucepan over medium-high heat. Sauté green pepper, onion and garlic 5 minutes or until tender. Add tomatoes, beans, corn, water, rice, chili powder and cumin; stir well. Bring to a boil. Reduce heat; cover and simmer 30 to 40 minutes, stirring occasionally, or until rice is tender. Top with shredded cheese and sour cream, if desired.

Makes 6 servings. Each serving provides 346 calories, 13 grams protein, 5 grams fat, 64 grams carbohydrate, 11 grams dietary fiber, 0 milligrams cholesterol, and 811 milligrams sodium.

Brown Rice Tabbouleh



- 3 cups cooked brown rice
- 3/4 cup chopped cucumber
- 3/4 cup chopped tomato
- 1/2 cup chopped fresh parsley
- 1/4 cup chopped fresh mint leaves
- 1/4 cup sliced green onions
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl. Toss well and chill.

Serving suggestion: Serve as a salad or spoon into pita.

Makes 6 servings. Each serving provides 201 calories, 3 grams protein, 10 grams fat, 25 grams carbohydrate, 2 grams dietary fiber, 0 milligrams cholesterol, and 204 milligrams sodium.

How to Prepare Brown Rice

When cooking brown rice, always follow package directions.

When directions are not available, use one of these easy methods:

Makes 3 to 4 cups

- 1 cup uncooked brown rice
- 2 to 2 1/2 cups liquid (water, broth, juice)
- 1 teaspoon butter or margarine (optional)
- 1 teaspoon salt (optional)

Stove Top. Combine ingredients in 2- to 3-quart saucepan. Bring to a boil; stir. Reduce heat, cover and simmer 40 to 50 minutes, or until rice is tender and liquid is absorbed. Fluff with fork.

Conventional Oven. Bring water to a boil. Combine water and remaining ingredients in 2- to 3-quart baking dish. Cover and bake at 350° F 45 minutes or until water is absorbed and rice is tender.

Microwave. Combine all ingredients in deep 2- to 3-quart microwavable baking dish. Cover and cook on HIGH 5 minutes or until boiling. Reduce setting to MEDIUM (50% power) and cook 30 minutes, or until tender.

Rice Cooker. Using a rice cooker is very convenient. For best results, prepare rice according to the directions included with your cooker.

Quick Cooking Brown Rice:

Brown rice is also available in quicker cooking forms, such as instant, boil-in-bag, and fully-cooked heat and eat. When preparing quick-cooking brown rice, follow package directions.

Storage Tips

- Store uncooked brown rice at room temperature up to 6 months, or refrigerate for longer shelf life.
- Keep extra cooked rice on hand for a quick start to your next meal. Cooked rice stays fresh refrigerated, tightly covered, up to 1 week or frozen up to 6 months.
- To reheat rice, add 2 tablespoons of liquid per cup of rice. Cover and heat about 5 minutes on top of the stove, or microwave on HIGH about 1 minute per cup of rice.



Precisely why risotto is so wildly popular is not hard to define.

Delicious and easy to prepare, it is perfect for a weekday supper or a relaxing dinner with friends. Elegant, without being complex, risotto is the ultimate comfort food -- rich, filling and nourishing to the soul. Versatility is one of its greatest virtues. Risotto's creamy texture provides the perfect backdrop for simple or exotic ingredients that can change with the seasons. In the summer, stir in fresh berries for a sweet and tart breakfast risotto. In the fall, try an earthy wild mushroom risotto. Winter is perfect for butternut squash risotto. Be stirred by the notion of endlessly versatile risotto, the simple little rice dish that's a big-time "feel-good" food.

Risotto Rules

1. Risotto is best when made with rice that has a high level of amylopectin starch, such as U.S. arborio or medium grain rice. The starch in these grains absorbs flavors easily and takes on a creamy texture when cooked properly.

2. Choose a heavy pan with a thick bottom and sides to help distribute heat evenly. Make sure it is large enough to hold the cooked rice (rice will expand to about three times its original size).

3. Rice used in risotto should never be rinsed. Rinsing removes starch, which is what gives risotto its wonderful creamy consistency.

4. Sautéing rice in butter or oil creates a shell around each grain, allowing the grain to slowly absorb moisture. This will result in creamy risotto, where each grain maintains its own shape.

5. If you plan to add wine to your risotto, do so before adding the broth. This helps burn off the alcohol, leaving only the wine's more subtle flavor. A simple, dry wine works best.

6. For best results use homemade broth. During cooking, the broth will reduce, intensifying its flavors and those of any added seasonings, especially salt. Canned broth flavor can be improved by simmering 30 minutes with onion, celery, carrot, parsley, and garlic. Strain before adding to risotto.

7. Broth should be at a simmer when adding to the rice. Hot broth keeps the temperature at a more constant level, ensuring even, continuous cooking and serves as the melding agent, releasing the rice's starch and making it creamy.

8. Broth should be added one cup at a time, allowing time for the broth to be fully absorbed before adding more. It's the gradual addition of broth and slow cooking that helps produce the creamy result unique to risotto.

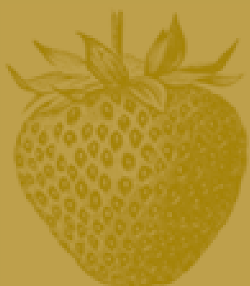
9. Risotto should continue to simmer during cooking. Adjust heat if necessary. If heat is too high or too low, the broth will either evaporate or will not be absorbed by the rice.

10. Risotto should be stirred often. Stirring keeps the grains in contact with the liquid for even cooking, prevents the rice from sticking to the bottom of the pan, and dislodges surface starch from the rice into the liquid, causing it to thicken.

11. Quick-cooking additions such as shrimp or zucchini should be added at the end.

12. Risotto is done when the rice is al dente – creamy, yet firm in the center. Never let rice dry out when making risotto. For a creamy texture, the rice should always – from start to finish – be kept under a "veil" of broth.

- $4\frac{1}{2}$ cups water
- 1 cup uncooked arborio or medium grain rice
- 1 cup half-and-half
- $\frac{1}{2}$ cup sugar
- 2 teaspoons vanilla extract
- 1 cup fresh raspberries
- 1 cup sliced fresh strawberries



- 4 cups chicken broth
- 1 tablespoon olive oil
- 2 finely chopped shallots
- 1 cup uncooked arborio or medium grain rice
- 1 cup cherry tomatoes
- $\frac{1}{4}$ cup lemon juice
- 1 tablespoon lemon peel

Red-Berry Breakfast Risotto

Heat water in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, combine rice, half-and-half, sugar and vanilla in large saucepan over medium heat; cook 1 minute. Increase heat to medium-high; stir in 1 cup water. Cook uncovered, stirring frequently, until water is absorbed. Continue stirring and adding water, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Remove from heat; stir in raspberries and strawberries. Continue to stir until risotto is light pink, about 1 to 2 minutes. Serve immediately.

Makes 6 servings. Each serving provides 252 calories, 4 grams protein, 5 grams fat, 48 grams carbohydrate, 2 grams dietary fiber, 15 milligrams cholesterol and 22 milligrams sodium.

Tangy Tomato and Lemon Risotto

Heat broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, heat oil in large saucepan over medium heat. Add shallots; cook until soft. Add rice and stir 2 to 3 minutes. Increase heat to medium-high; stir in 1 cup broth. Cook uncovered, stirring frequently, until broth is absorbed. Continue stirring and adding remaining broth, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Stir in tomatoes, lemon juice and lemon peel. Serve immediately.

Makes 6 servings. Each serving provides 172 calories, 4 grams protein, 4 grams fat, 30 grams carbohydrate, 1 gram dietary fiber, 0 milligrams cholesterol and 671 milligrams sodium.

Cilantro Cream Risotto with Shrimp

- 3 cups water
- 2 cups chicken broth
- 1 cup heavy cream
- 1/4 cup minced cilantro
- 1/3 cup butter or margarine, divided
- 3/4 pound shrimp, peeled, deveined, and chopped
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 cup uncooked arborio or medium grain rice
- 2 medium tomatoes, chopped and seeded
- 1/3 cup grated Parmesan cheese
- 1/2 cup chopped green onions
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon salt

Heat water and broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, combine cream and cilantro in small saucepan. Bring to a boil, reduce heat to low and simmer until mixture is reduced in half, about 20 to 30 minutes. Melt 2 tablespoons butter in large saucepan over medium-high heat. Add shrimp; cook until pink, about 2 to 3 minutes. Do not overcook. Remove from saucepan; keep warm. Cook onion and garlic in remaining butter over medium heat until soft. Add rice and stir 2 to 3 minutes. Increase heat to medium-high; stir in 1 cup water-broth mixture. Cook uncovered, stirring frequently, until liquid is absorbed. Continue stirring and adding remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Stir in cilantro cream, shrimp, tomatoes, green onions, pepper and salt. Stir until mixture is creamy, about 2 to 3 minutes. Serve immediately.

Makes 6 servings. Each serving provides 463 calories, 18 grams protein, 29 grams fat, 32 grams carbohydrate, 2 grams dietary fiber, 174 milligrams cholesterol and 849 milligrams sodium.

Butternut Squash Risotto

- 1 butternut squash, about 1 1/2 pounds
- 2 tablespoons butter
- 1 medium onion, chopped
- 1 1/2 cups uncooked arborio or medium grain rice
- 1 tablespoon chopped fresh sage
- 1/2 teaspoon nutmeg
- 1/4 teaspoon cayenne pepper
- 4 1/2 cups chicken broth
- 3/4 cup grated Parmesan cheese

Prick squash in several places, set in shallow baking dish; bake at 350 degrees 50 minutes or until tender. Cool slightly; peel, remove seeds and strings from center and cut into 1/2-inch cubes. Set aside. Melt butter in large saucepan over medium-high heat. Add onion; cook until onion begins to brown, about 4 to 5 minutes. Add rice and sage; stir 1 to 2 minutes. Add nutmeg, cayenne pepper, squash and broth. Cover and cook 10 minutes. Stir; reduce heat to medium-low, cover and cook until rice is tender and mixture has a creamy consistency, about 10 to 12 minutes. Remove from heat; stir in cheese. Serve immediately.

Makes 6 servings. Each serving provides 351 calories, 11 grams protein, 10 grams fat, 55 grams carbohydrate, 1 gram dietary fiber, 21 milligrams cholesterol and 1030 milligrams sodium.

Fresh Asparagus Risotto

- 3 cups water
- 2 cups chicken broth
- 3 tablespoons butter or margarine, divided
- 1 pound fresh asparagus spears, diagonally sliced into 1-inch pieces
- ½ cup chopped onion
- 1 cup uncooked arborio or medium grain rice
- ⅓ cup dry white wine
- ½ cup heavy cream
- ¼ cup grated Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon ground white pepper

Heat water and broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, melt 2 tablespoons butter in large saucepan over medium heat; add asparagus and cook until tender crisp. Remove asparagus; set aside. In same saucepan, cook onion in remaining 1 tablespoon butter until soft. Add rice and stir 2 to 3 minutes. Add wine; stir until absorbed. Increase heat to medium-high; stir in 1 cup water-broth mixture. Cook uncovered, stirring frequently, until liquid is absorbed. Continue stirring and adding remaining water-broth mixture 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Stir in asparagus, cream, cheese, salt and pepper. Stir until mixture is creamy, about 2 to 3 minutes. Serve immediately.

Makes 6 servings. Each serving provides 275 calories, 10 grams protein, 15 grams fat, 24 grams carbohydrate, 1 gram dietary fiber, 46 milligrams cholesterol and 853 milligrams sodium.



Proscuitto and Green Pea Risotto

- 3 cups water
- 2 cups chicken broth
- 2 tablespoons butter
- ½ cup proscuitto or ham, diced
- 1 cup uncooked arborio or medium grain rice
- ½ cup dry white wine
- 1 cup frozen green peas, thawed
- 1 cup thinly sliced green onions
- ½ cup heavy cream
- ½ cup grated Parmesan cheese
- 1 tablespoon chopped fresh basil leaves
- ¼ teaspoon ground white pepper

Heat water and broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, melt butter in large saucepan over medium heat. Add proscuitto; cook until brown around edges, about 2 to 3 minutes. Add rice and stir 2 to 3 minutes. Add wine; stir until absorbed. Increase heat to medium-high; stir in 1 cup water-broth mixture. Cook uncovered, stirring frequently, until liquid is absorbed. Continue stirring and adding remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Remove from heat; stir in peas, green onions, cream, cheese, basil and pepper. Stir until mixture is creamy, about 2 to 3 minutes. Serve immediately.

Makes 6 servings. Each serving provides 336 calories, 13 grams protein, 16 grams fat, 32 grams, carbohydrate, 2 grams dietary fiber, 55 milligrams cholesterol and 822 milligrams sodium.

- 2 cups water
- 2 1/2 cups chicken broth
- 1/4 cup olive oil, divided
- 1/4 pound lean Italian sweet sausage, crumbled
- 1 shallot, minced
- 2 cloves garlic, minced
- 1 cup uncooked arborio or medium grain rice
- 1 cup dry white wine
- 1/4 cup drained and chopped oil-packed, sun-dried tomatoes
- 1/4 cup heavy cream
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons chopped fresh parsley

Sun-Dried Tomato and Italian Sausage Risotto

Heat water and broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, heat 2 tablespoons olive oil in large saucepan over medium heat; add sausage and cook until browned. Drain on paper towels; set aside. Heat remaining 2 tablespoons olive oil over medium heat; add shallot and garlic and cook until soft. Add rice and stir 2 to 3 minutes. Add wine; stir until absorbed. Increase heat to medium-high; stir in 1 cup water-broth mixture. Cook, uncovered, stirring frequently, until liquid is absorbed. Continue stirring and adding remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Stir in sausage, sun-dried tomatoes, cream, cheese and parsley. Stir until mixture is creamy, about 2 to 3 minutes. Serve immediately.

Makes 6 servings. Each serving provides 357 calories, 7 grams protein, 21 grams fat, 30 grams carbohydrate, 1 gram dietary fiber, 30 milligrams cholesterol and 633 milligrams sodium.



- 1 ounce dried wild mushrooms
- 3 cups water
- 2 cups chicken broth
- 1/4 cup butter, divided
- 1/2 cup chopped onion
- 1 cup uncooked arborio or medium grain rice
- 1/3 cup dry white wine
- 1/2 cup fresh or thawed frozen peas
- 1/2 cup heavy cream
- 1/4 cup grated Parmesan cheese
- Salt and ground white pepper to taste

Wild Mushroom Risotto

Place mushrooms in 2-quart saucepan. Pour 3 cups hot water over mushrooms; let stand 30 minutes or until soft. Drain mushrooms, reserving liquid, and coarsely chop. Set aside. Add broth to reserved liquid and heat over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, melt 2 tablespoons butter in large saucepan over medium heat; add onion and cook until soft. Add rice and stir 2 to 3 minutes. Add wine; stir until absorbed. Increase heat to medium-high; stir in 1 cup water-broth mixture. Cook, uncovered, stirring frequently, until liquid is absorbed. Continue stirring and adding remaining water-broth mixture, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Stir in mushrooms, peas, cream, cheese, salt, pepper and remaining butter. Stir until mixture is creamy, about 2 to 3 minutes. Serve immediately.

Makes 6 servings. Each serving provides 324 calories, 7 grams protein, 18 grams fat, 32 grams carbohydrate, 2 grams dietary fiber, 53 milligrams cholesterol and 520 milligrams sodium.

3 cups water
2 cups chicken broth
$\frac{1}{4}$ cup butter, divided
$\frac{1}{2}$ cup chopped onion
1 cup uncooked arborio or medium grain rice
$\frac{1}{3}$ cup dry white wine
$\frac{1}{2}$ cup heavy cream
$\frac{1}{4}$ cup grated Parmesan cheese
Salt and ground white pepper to taste

Creamy Risotto

Heat water and broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, melt 2 tablespoons butter in large saucepan over medium heat; add onion and cook until soft. Add rice and stir 2 to 3 minutes. Add wine; stir until absorbed. Increase heat to medium-high; stir in 1 cup water-broth mixture. Cook uncovered, stirring frequently, until liquid is absorbed. Continue stirring and adding remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Stir in cream, cheese, salt, pepper and remaining butter. Stir until mixture is creamy, about 2 minutes. Serve immediately.

Makes 6 servings. Each serving provides 289 calories, 8 grams protein, 17 grams fat, 24 grams carbohydrate, 0 grams dietary fiber, 51 milligrams cholesterol and 773 milligrams sodium.



4 cups Creamy Risotto
$\frac{1}{2}$ cup fresh or thawed frozen peas
$\frac{1}{2}$ cup grated Parmesan cheese
2 eggs, beaten
2 cloves garlic, minced
3 ounces smoked mozzarella cheese, shredded
6 ounces smoked ham, diced
$\frac{1}{2}$ teaspoon ground white pepper
Italian-style bread crumbs
Vegetable oil

Risotto Patties

Combine risotto, peas, Parmesan cheese, eggs, garlic, mozzarella cheese, ham and pepper. Scoop 1/4 cup into palm of your hand; form into patty. Repeat procedure until rice mixture is used. Coat patties with bread crumbs. Deep-fry patties in hot vegetable oil until golden brown. Remove; drain on paper towels.

Makes 24 patties. Each patty provides 168 calories, 6 grams protein, 11 grams fat, 11 grams carbohydrate, 0 grams dietary fiber, 38 milligrams cholesterol and 339 milligrams sodium.

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